

CAPE COD NEIGHBORHOOD SUPPORT COALITION

*Strong Families Need
Strong Support*

**Support, education
and information for all
families with children,
including
single moms and dads,
foster parents,
grandparents raising
grandchildren
and other
kinship families**

Cape Cod Neighborhood Support Coalition *Strong Families Need Strong Support*



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Cape Cod Neighborhood Support Coalition's Priorities:

- Community-based Family Support Initiatives and Resources
- Parent Support and Education
- Quality Child Care and Positive Youth Development
- Violence Prevention
- Effective Social Services
 - Including a positive role for the Department of Children and Families (DCF) in the community.

Monthly Parent Education & Support Calendar

For over six years, the CCNSC has been compiling and distributing this free, monthly Cape and Islands-wide listing of workshops, meetings, groups and related programs for parents, grandparents, guardians, and primary caregivers of children. To find it online or to sign-up for a monthly e-mail (no spam, ever), visit www.capecoalition.com/calendar.

Parent Education & Support Opportunities: December 2013

All meetings, workshops etc. are free to participants unless otherwise noted.

December 3, 5:30–7:30 p.m.: **"Toilet Training 101: Everything you wanted to know about potty training and more!"** at Meetinghouse Preschool, 162 Main St., East Orleans, with Cindy Horgan, Family Support Coordinator. This workshop that covers signs of readiness, individual child temperaments, and how to support your child through the process. Dinner, child care, and limited transportation provided; pre-registration required. Funding by a grant from Children's Trust, administered by Cape Cod Children's Place. Information or registration: 508-240-3310.

December 3, 6-7:30 p.m.: **"And Baby Makes Three-Couples Transitioning to Parenthood-Part 5"** at *Falmouth Hospital (Maternity Conference Room)*, 100 Ter Heun Drive, with Lee Burwell, MFT, LMHC, Certified Gottman Educator. Part of a six-part workshop series for pregnant couples (and parents with babies up to six months) on the transition to parenthood. Takes place on first and third Tuesday each month. Part 5 topic: Connecting With Your Baby. Sponsored by Falmouth Human Services and Falmouth Hospital. Information or registration: Lee at 508-548-0533 ext. 15.

December 2013 Parent Education & Support Opportunities (www.capecoalition.com)-page 1 of 10

December 4 (first Wednesday), 4:30–5:30 p.m.: **“Home is Where the Heart is”** at the *Sandwich Public Library*, 142 Main St., with Valerie Perry of Adoption Journeys. Families are not one size fits all! Differences with a parent’s age, race, or family relationship can be a confusing road to navigate. Come discuss the challenges and rewards of parenting the untraditional family. Drop in play group next door for children. Registration required. Sponsored by the Sandwich Partnership for Families with funding support from the Department of Early Education and Care and Family Services, Inc.. Information or registration: Lauren 508-888-9525.

December 4 (first Wednesday), 6–7:30 p.m.: **“Dads’ Talk ~ Lower Cape”** at the *Harwich Community Center*, 100 Oak St., with Paul Melville, family support specialist. Connect with other fathers and chat about being a dad (or whatever else is on your mind). All men are welcome to this non-therapeutic gathering, regardless of their child(ren)’s age(s), their parenting situation, and where they live. Free dinner and child care. Sponsored by Cape Cod Neighborhood Support Coalition, Cape Cod Children's Place, Family Support Project, and the Harwich Early Childhood Council. Information or registration: Paul Melville at 508-771-4336 ext. 2 or paul@capecoalition.com.

December 4 (first Wednesday), 6:30–8:30 p.m.: **“Parent Information Network (PIN) Parent Support Group”** at *Falmouth Public Library* (Basement Conference Room), 300 Main St. For families who are challenged by children’s mental health, emotional, or behavioral needs. First time attendees must pre-register. Sponsored by the Parent Information Network (PIN), a BAMSI program funded by the Massachusetts Department of Mental Health. Information: 508-947-8779.

December 5th and 19th (DIFFERENT WEEKS THIS MONTH), 5:30–7:30 p.m.: **“Grandparents Raising Grandchildren Support Group”** at Cape Cod Child Development, 83 Pearl St., *Hyannis*, with Kerry Bickford and a variety of special guests. This new group will continue to meet twice each month to empower parenting grandparents with information and connections to help support them and their families. Dinner and child care provided. Registration required. Sponsored by the Cape Cod Neighborhood Support Coalition. Information or registration: Kerry Bickford at 508-771-4336.

December 5 and 12 (must attend both sessions), 5:30 – 8 p.m.: **“Set a Good Example (SAGE)”** at MSPCC, 206 Breeds Hill Road, *Hyannis*, with Matt Daniels, LMHC. Divorce has a profound impact on children; learn to lessen the impact for your kids. Meets the court’s mandate for education for divorcing parents. FEE: \$80. Information or registration: 508-775-0275.

December 6 (first Friday), 9–10:30 a.m.: **“Support Group for Parents and Caregivers of Children with Intellectual & Developmental Disabilities”** at the *Mashpee Public Library*, 64 Steeple Street. Sponsored by Kennedy Donovan Center. Information or registration: Juliane Dillon at 508-385-6019 ext. 125 or jdillon@kdc.org.

December 6 (first Friday), 10–11 a.m.: **“Getting Started Breastfeeding”** at the Center for Breastfeeding, 327 Quaker Meeting House Road, *East Sandwich*. This free group is designed especially for pregnant women. Information: 888-890-2229 or 508-888-7794.

December 10, 5:30–7:30 p.m.: **“Cooking for the Holidays”** at Eastham Elementary School, 200 Schoolhouse Road, with Kim Concra, LDN, Nutrition Educator with Cape Cod Cooperative Extension. Join Kim for a colorful and tasty presentation on healthy recipes for the holidays that will surely become family favorites. Dinner, child care, and limited transportation provided; pre-registration required. Funding by the Cahn Funds for Social Change, through Children's Trust, administered by Cape Cod Children's Place. Information or registration: 508-240-3310.

December 10 (second Tuesday), 6–7:30 p.m.: **“Grandparents Raising Grandchildren Monthly Support Group”** at the Bourne Senior Center, 239 Main St., *Buzzards Bay*, with Lois Carr. Information or registration: Lois at 508-759-0653.

December 14 (second Saturday), 9 a.m.–4 p.m.: **“Labor Express”** at *Falmouth Hospital (Faxon I Conference Room)*, 100 Ter Heun Drive. A onetime prenatal class that includes: hospital orientation, tour, and comfort measures for labor, both medical and non-medical. This one day class is ideal for expectant couples who are unable to attend a series of Preparation for Birth classes. FEE: \$60 per couple (scholarships available based on need). Information or registration: fhparented@capecodhealth.org or 508-457-3630.

December 16 (third Monday), 10–11:30 a.m.: **“Grandparents Raising Grandchildren Monthly Support Group”** at the Bourne Senior Center, 239 Main St., *Buzzards Bay*, with Lois Carr. Information or registration: Lois at 508-759-0653.

December 16 (third Monday), 7–8:30 p.m.: **“PFLAG ~ Brewster”** at *First Parish Brewster*, 1696 Main St. This monthly group for parents, families, and friends of lesbian, gay, bisexual, and transgender people is half support and half educational. All are welcome to come be supported and learn in a confidential, non-judgmental setting. Information: Amy at 508-420-0696 or www.pflagcapecod.org.

December 17, 10:30–noon: **“Support Group for Parents and Caregivers of Children with Intellectual & Developmental Disabilities”** at the Eastham Senior Center, 1405 Nauset Road, *North Eastham*. Sponsored by Kennedy Donovan Center. Information or registration: Juliane Dillon at 508-385-6019 ext. 125 or jdillon@kdc.org.

December 17, 6-7:30 p.m.: **“And Baby Makes Three-Couples Transitioning to Parenthood-Part 6”** at *Falmouth Hospital (Maternity Conference Room)*, 100 Ter Heun Drive, with Lee Burwell, MFT, LMHC, Certified Gottman Educator, and Paul Melville, Family Support Specialist. Part of a six-part workshop series for pregnant couples (and parents with babies up to six months) on the transition to parenthood. Takes place on first and third Tuesday each month. Part 6 topic: The Importance of Fathers. Sponsored by Falmouth Human Services, Falmouth Hospital, and the Cape Cod Neighborhood Support Coalition. Information or registration: Lee at 508-548-0533 ext. 15.

December 17 (DIFFERENT WEEK), 6–7:30 p.m.: **“Dads’ Talk ~ Upper Cape”** at the Falmouth School Age Center, 439 E. Falmouth Highway, *East Falmouth*, with Mark Abbott, LICSW and Paul Gabrielle. A monthly opportunity to get together with other local fathers. Connect with other fathers. All Dads welcome! Dinner and child care provided. Sponsored by Falmouth Human Services, Cape Cod Child Development, Family Support Project, and the Cape Cod Neighborhood Support Coalition. Information or registration: Mark Abbott at 508-548-0533 or mabbott@falmouthhumanservices.org.

December 17, 6–7:30 p.m.: **“Support Group for Parents and Caregivers of Children with Intellectual & Developmental Disabilities”** at the *Dennisport Public Library*, 5 Hall Street. Sponsored by Kennedy Donovan Center. Information or registration: Juliane Dillon at 508-385-6019 ext. 125 or jdillon@kdc.org.

December 17 (third Tuesday), 7–9 p.m.: **“NAMI-Family Member Support Group”** at St. Mary’s Episcopal Church, 3055 Main St. (Route 6A), *Barnstable*. This non-therapeutic group is open to all who have a family member with a mental illness. Connect with other family members, share challenges and successes, and learn about the resources available to your family. Refreshments provided. Sponsored by the Cape Cod Chapter of the National Alliance on Mental Illness (NAMI). Information: Jud at 508-364-9035 or marshset@verizon.net.

December 18, 6–7:30 p.m.: **“Support Group for Parents and Caregivers of Children on the Autism Spectrum or with other Developmental Disabilities”** at the Dennis Senior Center, 1045 Route 134, *South Dennis*. Sponsored by Kennedy Donovan Center. Information or registration: Juliane Dillon at 508-385-6019 ext. 125 or jdillon@kdc.org.

December 19, 5:15–6:45 p.m.: **“Single Parenting”** at Cape Cod Child Development, 83 Pearl St., *Hyannis*, with Paul Melville, family support specialist. This monthly group is a supportive environment for single moms and dads to share successes, challenges, and resources. All single parents are welcome at this non-therapeutic gathering, regardless of child(ren)’s age(s) and parenting situation. Dinner and child care provided. Sponsored by Cape Cod Child Development’s Families United Network (F.U.N.) Program and the Cape Cod Neighborhood Support Coalition with support from Not Your Average Joe’s. Information or registration: Mary Wilson at 508-775-6240 ext. 512.

December 20 (third Friday), 10–11:30 a.m.: **“Support Group for Parents and Caregivers of Children with Developmental Disabilities”** at Spaulding Rehabilitation Hospital (1st Floor Conference Room), 311 Service Road, *East Sandwich*. Sponsored by Kennedy Donovan Center. Information or registration: Juliane Dillon at 508-385-6019 ext. 125.

December 31 (last Tuesday), 6:30–8 p.m.: **“PFLAG ~ Falmouth”** at the Unitarian Universalist Fellowship of Falmouth, 840 Sandwich Road, *East Falmouth*. This monthly group for parents, families, and friends of lesbian, gay, bisexual, and transgender people is half support and half educational. All are welcome to come be supported and learn in a confidential, non-judgmental setting. Information: Amy at 508-420-0696 or www.pflagcapecod.org.

Weekly Programs and Groups

Mondays, 6:30–8:30 p.m.: **“Parents Supporting Parents”** at *Mashpee Senior Center*, 26 Frank Hicks Drive. This is a free family member support group for those who are coping with their child’s narcotic addiction. We share our experience with kindness and compassion for the purpose of strengthening our selves and each other. We gain knowledge of addiction so that we can support our children through recovery and wellness. Information: Lisa at 774-238-1570 or Donna 508-934-9058.

Tuesdays, 10–11:30 a.m.: **“Nursing Mothers’ Group”** at the Center for Breastfeeding, 327 Quaker Meeting House Road, *East Sandwich*. There’s no charge and no registration necessary for this group. Come meet with a certified lactation consultant and other breastfeeding moms in a relaxed environment. Information: 888-890-2229 or 508-888-7794.

Tuesdays, 10 a.m.–12:30 p.m. **“Baby’s First Year”** at the Snow Library (Craine room), 67 Main St. *Orleans*, with Monica Keefe-Hess, Parent Education Coordinator at the Cape Cod Children's Place. We meet to share stories, ask questions, and get familiar with resources that support you such as: nutrition, parenting, breast feeding, etc. Weekly discussion topics will include the various developmental stages during baby's first year. This is a drop-in group, no pre-registration required. Sponsored by the Cape Cod Children's Place. Information: Monica Keefe-Hess at 508-240-3310.

Tuesdays, 5–6 p.m.: **“Anger Management Classes”** at the Gosnold-Thorne Outpatient Counseling Center, 1185 Falmouth Road, *Centerville*, with Dana Sumner, Counselor. Fulfills court’s requirement for anger management classes. FEE: \$20 per class, pay as you go. Information or registration: Dana Sumner at dsumner@gosnold.org.

Tuesdays, 6–7 p.m.: **“Reaching Out Family Support Group”** at the Gosnold-Thorne Outpatient Counseling Center, 1185 Falmouth Road, *Centerville*. A free weekly support group for family members and loved ones of addicted individuals. No registration required. Information: Shelley Stormo at 508-563-9229 ext. 5074 or mstormo@gosnold.org.

Weekly Programs and Groups continued

Wednesdays, 6–7 p.m.: **“Reaching Out Family Support Group”** at the Gus Canty Community Center, 790 Main St., *Falmouth*. A free weekly support group for family members and loved ones of addicted individuals. No registration required. Information: Shelley Stormo at 508-563-9229 ext. 5074 or mstormo@gosnold.org.

Thursdays, 9–10:15 a.m.: **“Thursday Morning Parents’ Group on Nantucket”** at the Early Childhood Center (NHS Rm. 106), 10 Surfside Road, *Nantucket*. A drop-in discussion group for parents with children birth to eight. An opportunity to meet other parents and discuss a variety of parenting topics in a casual group setting. Information: 508-228-7257 ext. 1166.

Thursdays, 10 a.m.–noon: **“Breastfeeding Support Group”** at *Falmouth Hospital* (Faxon 1 Conf. Room), 100 Ter Heun Dr. (off Route 28), with Suzan Schar, RNC and board certified lactation consultant. All are welcome to this free group. Information: 508-457-3630.

Fridays, 10 a.m.–noon: **“Moms & Babies Support Group”** at Cape Cod Hospital, 27 Park St., *Hyannis*, with Ann Macdonald, RN, BSN, CCE. A great place to connect with other Cape Cod moms. Information or registration: Ann at 508-862-5123.

Fridays, 10 a.m.–noon: **“Breastfeeding Support Group”** at the *Hyannis WIC office*, 1019 Iyannough Road (Route 132). Open to all WIC and community breastfeeding women. Siblings welcome. Sponsored by Cape Cod WIC, a program of Health Imperatives. No registration necessary. Information: Cheryl at 508-540-5275.

Select Ongoing Resources

“Al-Anon / Alateen of Cape Cod and the Islands”: There are over fifty weekly groups on Cape Cod for friends and loved ones of problem drinkers and alcoholics. These groups can help you recover from the impacts of a loved one’s drinking. Members help each other by practicing the Twelve Steps of Alcoholics Anonymous themselves, by welcoming and giving comfort to families of alcoholics, and by giving understanding and encouragement to the alcoholic. Information: 508-394-4555.

Select Ongoing Resources continued

“Breastfeeding Warmline” sponsored by the Center for Breastfeeding, *East Sandwich*. All calls are free and confidential. Call anytime, day or night; all messages received after-hours will be returned at the start of the next business day: 508-566-6248.

“Cape Cod Dads Update” sponsored by the Cape Cod Neighborhood Support Coalition. A free monthly e-mail that lists events and resources specifically for fathers on or near Cape Cod. Sign up at dads.capecoalition.com. Information: Paul Melville: 508-771-4336 ext. 2 or paul@capecoalition.com.

“Cape Cod Neighborhood Support Coalition”: The mission of the Cape Cod Neighborhood Support Coalition (CCNSC) is to strengthen families and the resources that support them in order to help prevent child abuse and neglect in our region. We strive to achieve this mission by promoting effective community-based family support initiatives, and by participating in coordination and collaboration among family support providers, practitioners and policy-makers. Contact us to learn more about us and how we can help your family or the families you work with: 508-771-4336.

“Domestic Violence/ Sexual Assault Hotline”: Independence House staffs this hotline 24/7/365. You do not have to leave your relationship to get help and you do not have to press charges against your abuser. They will not notify the police unless you request it. They can help arrange emergency safe shelter for you and your family, as well as police intervention and medical care: 800-439-6507.

“Fit to be Kids” at the Spaulding Rehabilitation Hospital Cape Cod, 311 Service Road, *East Sandwich*. An outpatient weight management program for children Ages 6 -14. Information or registration (including FEE schedule): Deb Merigan at 508-833-4197.

“FoodSource Hotline of Project Bread”: Having trouble making ends meet? We provide information and screen callers for food stamp eligibility, connect you to school meal programs, and other local emergency food resources in 160 languages. Information: 800-645-8333.

“Operation Military Kids (OMK)”: Families dealing with an overseas deployment can learn what is available to them and their child(ren). Free after school and family programs through a grant from the Army Child and Youth Services. Information: kbickford@barnstablecounty.org or 508-375-6695.

Select Ongoing Resources continued

“Parent Information Network (PIN)”: assists families challenged by children’s mental health, emotional, or behavioral needs. They offer a quarterly newsletter, individual advocacy, parent/ community education, and support groups across Cape Cod. Funded by the Department of Mental Health. Information or registration: 508-947-8779.

“Parental Stress Line”: You don’t have to keep going it alone, Parents Helping Parents can help. Confidential and anonymous 24 hours/day, 7 days/week across Massachusetts: 800-632-8188.

“Parents of transitional age youth (PTAY) with mental health challenges”: Get support from the Parent Information Network (PIN): Tresa Salters at 508-947-8779 ext. 222 or ptaypin@bamsi.org.

“The Samaritans on Cape Cod and the Islands”: Dedicated volunteers listen compassionately to anyone who needs to be heard. Some callers are suicidal and some simply need a non-judgmental friend to validate their feelings and listen to their concerns. Confidential/anonymous: 800-893-9900.

“WE CAN” collaborates with other organizations and local businesses to improve the quality of life in our community by ensuring lasting, positive change in the lives of women and their families. They empower Cape Cod women of all ages to navigate challenging transitions and achieve lasting positive change through: Mentoring; free legal services; workshops, training and support groups, and information and referrals to other local resources. For information: www.wecancenter.org.

For over six years, the CCNSC has been compiling and distributing this free, monthly Cape and Islands-wide listing of workshops, meetings, groups and related programs for parents, grandparents, guardians, and primary caregivers of children.

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The **Cape Cod Neighborhood Support Coalition** (CCNSC) compiles and distributes this monthly list for the benefit of Cape and Islands families and professionals who support them. We include workshops, classes, support groups, and other resources that we believe adhere to best practices; however, we suggest that you consider the appropriateness of program content for your family's needs and values. This list is neither exhaustive nor an endorsement of any specific program or provider.

To submit information for future editions, please e-mail: calendar@capecoalition.com

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